

# CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

GILES S. PORTER, M.D., Director

## Weekly Bulletin

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GUY P. JONES  
EDITOR

## *A Philosopher Looks at Health*

Thomas Carlyle has been dead for many years, but during his life time he made an indelible impression upon English letters. His viewpoint was always interesting and unique. At the time of his inaugural as rector at the University of Edinburgh, he made the following interesting statement relative to health:

"Finally, gentlemen, I have one advice to give you, which is practically of very great importance, though a very humble one. In the midst of our zeal and ardour—for such, I foresee, will rise high enough, in spite of all the counsels to moderate it that I can give you—remember the care of health. I have no doubt you have among you young souls ardently bent to consider life cheap, for the purpose of getting forward in what they are aiming at as high; but you are to consider throughout, much more than is done at present, and what it would have been a very great thing for me if I had been able to consider, that health is a thing to be attended to continually; and that you are to regard that as the very highest of all temporal things for you. There is no kind of achievement you could make in the world that is equal to perfect health. What to it are nuggets and millions? The French financier said, 'Why is there no sleep to be sold?' Sleep is not in the market at any quotation.

It is a curious thing, which I remarked long ago, and have often turned in my head, that the old word for 'holy' in the Teutonic language, heilig, also means

'healthy.' Thus Heilbronn means indifferently 'holy-well' or 'health-well.' We have in the Scotch, too, 'hale,' and its derivatives; and, I suppose, our English word 'whole' (with a 'w'), all of one piece, without any hole in it, is the same word. I find that you could not get any better definition of what 'holy' really is than 'healthy.' Completely healthy means mens sana in corpore sano. A man all lucid, and in equilibrium. His intellect a clear mirror geometrically plane, brilliantly sensitive to all objects and impressions made on it, and imagining all things in their correct proportions; not twisted up into convex or concave, and distorting everything, so that he can not see the truth of the matter without endless groping and manipulation; healthy, clear and free, and discerning truly all around him. We never can attain that at all. In fact, the operations we have got into are destructive of it. You can not, if you are going to do any decisive intellectual operation that will last a long while; if, for instance, you are going to write a book—you can not manage it (at least, I never could), without getting decidedly made ill by it; and really one nevertheless must; if it is your business, you are obliged to follow out what you are at, and to do it, even at the expense of health. Only remember, at all times, to get back as fast as possible out of it into health; and regard that as the real equilibrium and center of things. You should always look at the heilig, which means 'holy' as well as 'healthy.' "



### **RURAL HEALTH CONSERVATION CONTEST ANNOUNCED**

The Chamber of Commerce of the United States, in cooperation with the American Public Health Association, has announced an interchamber rural health conservation contest. This is in addition to the interchamber health conservation contest for cities, which has been maintained annually for several years. The purpose of the contest now announced is to further the development of sound rural public health work in order that community health services may be improved. There is but one requirement for admittance to the contest. It is open only to rural whole time counties or district health units and the county must be enrolled by the local chamber of commerce, or similar organization affiliated with the Chamber of Commerce of the United States.

The enrollment procedure consists of filling out an entry blank by the secretary of the chamber of commerce which represents the area entered in the contest and forwarding it to the insurance department of the Chamber of Commerce of the United States at Washington, D. C. A fact-finding schedule, similar to that used in the city health conservation contest but which is adapted to rural areas, will form the basis for grading the counties or district health units. Advisory field service will be rendered to those enrolled counties or districts which request such service specifically.

Further information is available from the insurance department of the Chamber of Commerce of the United States, Washington, D. C., or the Committee on Administrative Practice, American Public Health Association, 450 7th Avenue, New York City.

### **OAKLAND CHAMBER OF COMMERCE HEALTH COMMITTEE IS ACTIVE**

The Oakland Chamber of Commerce has an active public health committee which is engaged not only in developing Oakland's status in the Inter-Chamber Health Conservation Contest but also is stimulating all activities related to the promotion of public health within the city. Howard Baxter is chairman and Raynor E. Anderson is secretary of the committee. The public schools, health center, dental profession, medical profession, city health department, as well as local business and commercial interests, are represented in the membership of the committee.

At its last meeting a special study was started for devising plans to encourage pre-employment physical examination by manufacturing and commercial establishments. This is undertaken purely as a matter of study in order to learn of its feasibility for adoption.

### **COMMUNICABLE DISEASE MUST BE REPORTED**

Dr. C. M. Burchfiel, Health Officer of Santa Clara County, in the monthly bulletin issued by the county health department, makes the following statement relative to the necessity for reporting communicable diseases:

"It is the duty of health departments to prevent and control diseases, and knowledge gained from the disease reporting by physicians is the first step in the prevention.

Early, accurate and complete knowledge as to the presence of reportable and communicable diseases is of great importance if we as public health authorities are to do our part in the fight against these diseases through public health educational measures.

To prevent and control communicable diseases, any health department must know when, where and in what numbers cases of diseases are occurring. By far the greater numbers of communicable diseases reported have been reported by school nurses and other agencies instead of the practicing physician.

California and Santa Clara County have adequate laws requiring the reporting of some 45 communicable diseases and the failure to report cases is not only a violation of State and local laws but it endangers the lives of other persons.

All too many epidemics or outbreaks of disease can be traced to carelessness or neglect in reporting various communicable diseases, such as scarlet fever, mumps, pertussis, chickenpox, smallpox and others. Disease prevention and disease reporting is a community wide problem and the friendly cooperation of the medical profession is vitally necessary for any marked success."

### **"TUBERCULOSIS ROBS YOU—PUBLIC HEALTH PROTECTS YOU"**

The California Tuberculosis Association, in affiliation with the National Tuberculosis Association, is launching an educational campaign which will begin April 1. The slogan which will be used in this campaign throughout the country is "Tuberculosis Robs You—Public Health Protects You." The campaign is designed for purposes of reconstruction along all public health lines, as well as for stimulating early diagnosis. Campaigns during past years have been directed mostly toward the discovery of early cases of the disease.

Slogans that have been used before are "Early Discovery—Early Recovery" and "Tuberculosis Causes Tuberculosis—Every Case Comes From Another." This year, case finding will constitute an important part of the campaign but the need for maintaining both official and health agencies and volunteer organizations in adequate fashion will be emphasized. The National Tuberculosis Association,



through State organizations, is distributing an interesting series of leaflets and a variety of printed matter.

Details relative to the campaign can be obtained from Mr. W. F. Higby, Secretary of California Tuberculosis Association, at 582 Market Street, San Francisco.

### FOOD FADS AND QUACKS

The patent medicine quack is an old institution whose business is not as profitable as it once was. He is still active, however, and finds many gullible individuals whom he can lead astray through promising the impossible. The State Department of Public Health is active in ferreting out these vendors of fake cures and remedies.

It is more difficult, however, to combat the activities of the food faddist who is now imposing upon the credulity of the general public. He has little or no knowledge of food chemistry and has no conception of the principles of digestion. He advises certain food combinations and inspires fear among his followers through the dramatic statements that he makes. Gullible persons buy his books, attend his lectures, purchase his special foods and follow his recommendations of food combinations in the wild hope that their health will be benefited.

It is difficult to realize that people will follow the unscientific and wholly unreasonable recommendations of individuals who have no knowledge whatsoever of foods, digestion, physiology or disease. If people, instead of wasting their money upon such useless projects would use their resources for purchasing normal foods for supplying a normal diet their health would be benefited. Each day normal human beings need a balanced diet which should contain combinations of milk, butter, eggs, vegetables, fruits, cereals, meat or fish, and sugar. These foods are needed in the maintenance of health and no special knowledge or ingenuity are needed in their selection and preparation. People in normal health who persist in the use of diet fads can not continue to be well. Advice on special diets should come only from physicians or skilled nutritionists who are competent to give such advice. Publications are full of misinformation put out by food fadists. An individual who follows this misinformation can expect to reap only unfavorable results.

It's good to have money and the things that money can buy; but it's good, too, to check up once in a while and make sure you haven't lost the things that money can't buy.—George Horace Lorimer.

### FALLACY IN MIRACLE CURES

There is no meaner method of hitting below the belt than by holding out false promises to incurables. This fact, however, does not in the least deter the unscrupulous who thus heartlessly prey upon the acute gullibility of thousands of unfortunates who are in a hopeless stage of illness. And so it happens that thousands of dollars are annually extracted from the none-to-full pockets of individuals whose conditions direct their hope to the promises made by the super-scientific gentry who claim to have beaten the untiring researchers of endowed laboratories to cures for cancer, diabetes, tuberculosis, epilepsy and other serious conditions.

Unfortunately it is words rather than performance that creates the miracle. A miracle which, instead of being related to a cure, is entirely associated with the transfer of large sums of money from innocent persons to the coffers of those whose interest in health and health matters ceases at the cash register.

It is the sad and killing fact that in addition to the incurables, there are thousands of believing persons who become victims of this type of charlatanism, and thus through self-diagnosis and self-treatment, postpone a real investigation of their ailments until the incurable stage has been reached.

Two main rules should be followed in this connection. The first is regularly to submit to an annual physical examination by a competent physician. In this way incipient conditions can be discovered and by proper treatment the disease can frequently be conquered. The second rule is in all cases to mistrust all high promising allegations of "amazing discoveries."

While there are many commercial medicinal products of merit and value, these differ very much from the type of product which professes to do the impossible. Both incurables and persons in the early stages of serious diseases, or who think they are suffering from such conditions, should avoid them and rely entirely upon professional direction and supervision.—Food Facts.

"It is given to science and to progress continually to discover new horizons. In his advance towards the discovery of the unknown, the scientist resembles the traveler who reaches higher and yet higher summits, whence he again perceives new regions to explore."—Pasteur.

The town or city having the greatest percentage of sound, healthy people is the most progressive and consequently the leading one in the State.



**MORBIDITY \*****Chickenpox**

807 cases of chickenpox have been reported, as follows: Alameda County 39, Alameda 1, Berkeley 15, Oakland 31, Colusa 1, Richmond 1, Fresno County 5, Fresno 21, Imperial 1, Kern County 1, Bakersfield 1, Lemoore, 2, Los Angeles County 72, Alhambra 10, Arcadia 1, Beverly Hills 3, Burbank 3, Compton 1, El Monte 3, Glendale 13, Huntington Park 9, Long Beach 36, Los Angeles 118, Monrovia 14, Pasadena 20, Pomona 1, Santa Monica 6, South Pasadena 2, Whittier 3, Lynwood 1, South Gate 13, Monterey Park 1, Maywood 3, Gardena 1, Madera County 4, Madera 1, Marin County 1, Ross 1, San Rafael 3, Merced County 17, Monterey County 8, King City 1, Orange County 10, Santa Ana 3, Seal Beach 1, Laguna Beach 1, Riverside County 4, Corona 3, Riverside 12, Sacramento County 10, Sacramento 9, San Bernardino County 2, San Bernardino 1, San Diego County 12, La Mesa 1, National City 11, San Diego 6, San Francisco 125, San Joaquin County 6, Manteca 5, Stockton 1, San Luis Obispo County 7, San Luis Obispo 4, Burlingame 2, South San Francisco 2, Santa Barbara County 1, Lompoc 1, Santa Barbara 1, Santa Maria 1, Santa Clara County 5, Mountain View 1, San Jose 35, Santa Clara 1, Willow Glen 1, Santa Cruz 2, Solano County 8, Benicia 3, Vacaville 1, Stanislaus County 8, Red Bluff 1, Tulare 1, Visalia 1, Ventura County 7, Santa Paula 1.

**Diphtheria**

39 cases of diphtheria have been reported, as follows: El Centro 1, Kings County 1, Los Angeles County 6, Compton 1, Glendale 1, Los Angeles 17, Pomona 1, Orange County 1, Plumas County 1, San Francisco 6, Redwood City 1, Sonoma County 2.

**German Measles**

193 cases of German measles have been reported, as follows: Alameda 1, Fresno County 4, Fresno 1, Calexico 3, Kern County 22, Kings County 2, Los Angeles County 35, Alhambra 1, Azusa 1, El Monte 1, Long Beach 1, Los Angeles 89, Pasadena 1, Pomona 3, Hawthorne 2, South Gate 1, Orange County 3, Orange 1, Santa Ana 1, Placentia 1, Riverside County 2, Sacramento County 2, San Diego 1, San Francisco 1, Stockton 1, Tracy 7, Santa Clara County 1, Tulare County 3, Tulare 1.

**Influenza**

27 cases of influenza have been reported, as follows: Alhambra 1, Claremont 4, Glendale 2, Long Beach 1, Los Angeles 12, Brea 1, Fullerton 2, Riverside County 1, San Diego 1, San Francisco 2.

**Measles**

1737 cases of measles have been reported, as follows: Alameda County 24, Alameda 137, Berkeley 22, Emeryville 3, Hayward 7, Oakland 323, Piedmont 9, San Leandro 4, Contra Costa County 1, Richmond 1, Fresno County 1, Fresno 2, Selma 1, Imperial County 6, El Centro 3, Holtville 1, Kern County 3, Bakersfield 2, Lake County 2, Susanville 14, Los Angeles County 16, Azusa 1, Burbank 1, Compton 3, Huntington Park 1, La Verne 1, Long Beach 4, Los Angeles 51, Pomona 13, Whittier 9, Lynwood 4, Madera County 2, Marin County 7, Napa County 1, Calistoga 3, Orange County 1, Santa Ana 1, La Habra 1, Plumas County 6, Riverside County 4, Hemet 1, Riverside 1, Sacramento 2, San Bernardino County 2, San Bernardino 5, San Diego County 150, Chula Vista 7, Coronado 7, La Mesa 49, National City 8, San Diego 288, San Francisco 112, San Luis Obispo County 1, Daly City 5, Redwood City 1, San Mateo 2, South San Francisco 1, Santa Barbara County 53, Santa Barbara 213, Mountain View 1, Palo Alto 2, San Jose 1, Santa Clara 1, Sunnyvale 1, Sonoma County 5, Turlock 1, Sutter County 1, Dinuba 2, Ventura County 88, Fillmore 1, Santa Paula 4, Ventura 25.

**Mumps**

741 cases of mumps have been reported, as follows: Alameda County 25, Alameda 11, Berkeley 7, Emeryville 1, Hayward 3, Oakland 76, Piedmont 2, Pleasanton 2, San Leandro 1, Contra Costa County 6, Coalinga 1, Kern County 5, Kings County 24, Lemoore 4, Los Angeles County 14, Alhambra 1, Avalon 19, Compton 1, Culver City 2, Glendale 1, Huntington Park 1, Long Beach 7, Los Angeles 25, Pasadena 3, Pomona 4, Whittier 12, South Gate 3, Ross 1, Monterey County 3, Monterey 11, Salinas 17, Orange County 36, Anaheim 14, Huntington Beach 4, Orange 1, Santa Ana 3, Tustin 4, Riverside County 1, Sacramento County 1, Sacramento 7, San Francisco 321, San Luis Obispo County 1, San Mateo County 1, Burlingame 1, Daly City 22, Redwood City 1, Santa Barbara County 2, Santa Barbara 1, Santa Clara County 5, Los Gatos 2, Mountain View 1, Santa Clara 6, Santa Cruz County 1, Sonoma County 1, Sutter County 1, Dinuba 1, Winters 9.

**Pneumonia (Lobar)**

95 cases of lobar pneumonia have been reported, as follows: Alameda 1, Oakland 3, Colusa 1, Humboldt County 1, Lake County 1, Los Angeles County 4, Beverly Hills 1, Glendale 3, Inglewood 1, Long Beach 1, Los Angeles 41, Pasadena 2, Madera 1, Chowchilla 1, Fullerton 1, Santa Ana 1, Plumas County 1, Riverside County 4, Sacramento County 1, Sacramento 5, San Bernardino 5, San Diego 3, San Francisco 3, San Joaquin County 1, Santa Barbara County 1, Siskiyou County 1, Vallejo 1, Tehama County 1, Dinuba 1, Ventura County 1, Santa Paula 2.

\*Complete reports for above diseases for week ending March 10, 1934.

**Scarlet Fever**

255 cases of scarlet fever have been reported, as follows: Alameda County 1, Alameda 2, Berkeley 1, Oakland 10, San Leandro 1, Chico 1, Contra Costa County 1, Richmond 1, Fresno County 2, Fresno 1, Humboldt County 2, Eureka 1, Imperial County 1, Kern County 1, Bakersfield 4, Kings County 1, Los Angeles County 31, Alhambra 1, Burbank 3, Compton 1, Glendale 4, Glendora 1, Long Beach 9, Los Angeles 62, Pasadena 3, Pomona 5, Redondo 6, San Fernando 2, San Marino 1, Santa Monica 1, South Pasadena 3, Whittier 2, Torrance 1, South Gate 5, Monterey Park 1, Maywood 1, Bell 1, Monterey County 1, Orange County 6, Santa Ana 5, Riverside County 1, San Bernardino County 2, Redlands 8, San Bernardino 3, Chula Vista 2, San Diego 9, San Francisco 16, San Joaquin County 1, Lodi 1, Stockton 1, Tracy 1, Santa Barbara 6, Santa Clara County 2, San Jose 2, Santa Clara 2, Fairfield 5, Modesto 1, Dinuba 1, Sonoma 1, Santa Paula 1, Ventura 1, Yolo County 1.

**Smallpox**

4 cases of smallpox have been reported, as follows: Glendale 2, Long Beach 2.

**Typhoid Fever**

9 cases of typhoid fever have been reported, as follows: Berkeley 1, Imperial County 1, Calexico 1, Long Beach 1, Los Banos 1, Sacramento County 1, Stockton 3.

**Whooping Cough**

410 cases of whooping cough have been reported, as follows: Alameda County 2, Alameda 9, Berkeley 8, Oakland 47, Pleasanton 1, Pittsburg 4, Richmond 5, Fresno 8, Arcata 1, Imperial County 4, Kern County 20, Bakersfield 1, Kings County 5, Lemoore 1, Lake County 4, Los Angeles County 19, Alhambra 1, Azusa 2, Beverly Hills 5, Culver City 3, El Segundo 2, Glendale 1, Huntington Park 2, Inglewood 6, Long Beach 16, Los Angeles 57, Monrovia 6, Pasadena 14, Pomona 7, Redondo 1, San Fernando 8, Santa Monica 8, South Pasadena 1, Maywood 1, Bell 1, Madera County 6, Madera 2, Monterey County 3, King City 1, Monterey 1, Anaheim 1, Santa Ana 1, La Habra 3, Riverside County 2, Corona 2, Riverside 17, Sacramento County 1, Sacramento 4, San Bernardino County 10, San Bernardino 9, Coronado 2, San Diego 2, San Francisco 14, San Joaquin County 1, Tracy 2, San Luis Obispo County 1, Burlingame 1, Santa Clara County 3, Palo Alto 1, San Jose 6, Santa Clara 2, Stanislaus County 10, Modesto 1, Turlock 7, Sutter County 2, Tehama County 3, Dinuba 1, Ventura County 5, Yuba County 1, Marysville 1.

**Meningitis (Epidemic)**

2 cases of epidemic meningitis from Los Angeles have been reported.

**Dysentery (Amoebic)**

3 cases of amoebic dysentery have been reported, as follows: Oakland 1, Los Angeles 1, San Bernardino 1.

**Dysentery (Bacillary)**

2 cases of bacillary dysentery from Los Angeles have been reported.

**Pellagra**

3 cases of pellagra have been reported, as follows: Los Angeles 1, Sacramento 1, San Francisco 1.

**Poliomyelitis**

2 cases of poliomyelitis have been reported, as follows: Los Angeles County 1, California 1\*\*

**Tetanus**

One case of tetanus from Los Angeles County has been reported.

**Trachoma**

2 cases of trachoma have been reported, as follows: Orange County 1, San Francisco 1.

**Encephalitis (Epidemic)**

One case of epidemic encephalitis from Alameda County has been reported.

**Trichinosis**

One case of trichinosis from San Francisco has been reported.

**Food Poisoning**

11 cases of food poisoning from Los Angeles have been reported.

**Undulant Fever**

2 cases of undulant fever have been reported, as follows: South San Francisco 1, Tulare County 1.

**Septic Sore Throat (Epidemic)**

4 cases of epidemic septic sore throat from Sonoma County have been reported.

**Rabies in Animals**

22 cases of rabies in animals have been reported, as follows: Los Angeles County 2, Alhambra 1, Los Angeles 12, San Fernando 1, Huntington Beach 1, Sacramento County 2, Coronado 1, San Diego 1, San Joaquin County 1.

\*\*Cases charged to "California" represent patients ill before entering the State or those who contracted their illness traveling about the State throughout the incubation period of the disease. These cases are not chargeable to any one locality.